

Foods for Cardiovascular Health

Your heart is a tireless muscle that deserves the best care. By making smart food choices, you can significantly improve your heart health and reduce your risk of cardiovascular disease.

Heart-Healthy Foods

- **Berries:** These vibrant fruits are packed with antioxidants, fiber, and vitamin C. They can help protect your cells from damage and boost your immune system.
- **Fatty Fish:** Salmon, tuna, mackerel, herring, and sardines are excellent sources of omega-3 fatty acids, which can lower triglycerides and reduce the risk of heart disease.
- **Oats:** A fiber-rich whole grain, oats can help lower cholesterol, regulate blood sugar, and promote digestive health.
- **Olive Oil:** This heart-healthy oil is rich in monounsaturated fats, which can help reduce bad cholesterol levels.
- **Nuts:** Almonds, walnuts, and other nuts are packed with healthy fats, fiber, and protein. They can help lower cholesterol and reduce the risk of heart disease.
- **Soy Protein:** Soy-based foods like tofu, edamame, and soy milk are excellent sources of protein, fiber, and other essential nutrients. They can help lower cholesterol levels and reduce the risk of heart disease.

By incorporating these heart-healthy foods into your diet, you can take steps to protect your cardiovascular health.



We're committed to your health. Contact us today for more information.



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The Advanced Diabetes Supply Group



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